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TA DISTANCE LEARNING CENTRE

Student and teacher: Use this cover sheet for mailing or faxing.

SSN2172: General Psychology 20

Studying Behaviour

Assignment Booklet 6

FOR STUDENT USE ONLY

(If label is missing or incorrect)

Date Assignment Submitted:

File Number:

Time Spent on Assignment:

Lesson Number:

Student's Questions and Comments

Apply Assignment Label Here

Name

Address

City/Town

Province

Postal Code

Please verify that preprinted label is for
correct course and module.

FOR ADLC USE ONLY

Batch Number:

Assigned Teacher:

Graded By:

Grading:

Date Lesson Received:

Summary

	Total Possible Marks	Your Marks
(S) 3 Lesson 3 Assignment 1	25	
(S) 3 Lesson 3 Assignment 2	35	
(S) 3 Lesson 3 Assignment 3	40	
TOTAL	100	

Teacher's Comments:

Teacher

These instructions are for students registered with the Alberta Distance Learning Centre.

INSTRUCTIONS FOR SUBMITTING THIS DISTANCE LEARNING ASSIGNMENT BOOKLET

When you are registering for distance learning courses, you are expected to submit Assignment Booklets for correction regularly. Try to submit each Assignment booklet as soon as you have completed it. Do not submit more than one Assignment Booklet in one subject at the same time. Before submitting your Assignment Booklet, please check the following:

- Are all the assignments completed? If not, explain why.
- Has your work been reread to ensure accuracy in spelling and details?
- Is the booklet cover filled out and the correct course label attached?

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1. Postage Regulations

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Send all letters in a separate envelope.

2. Postage Rates

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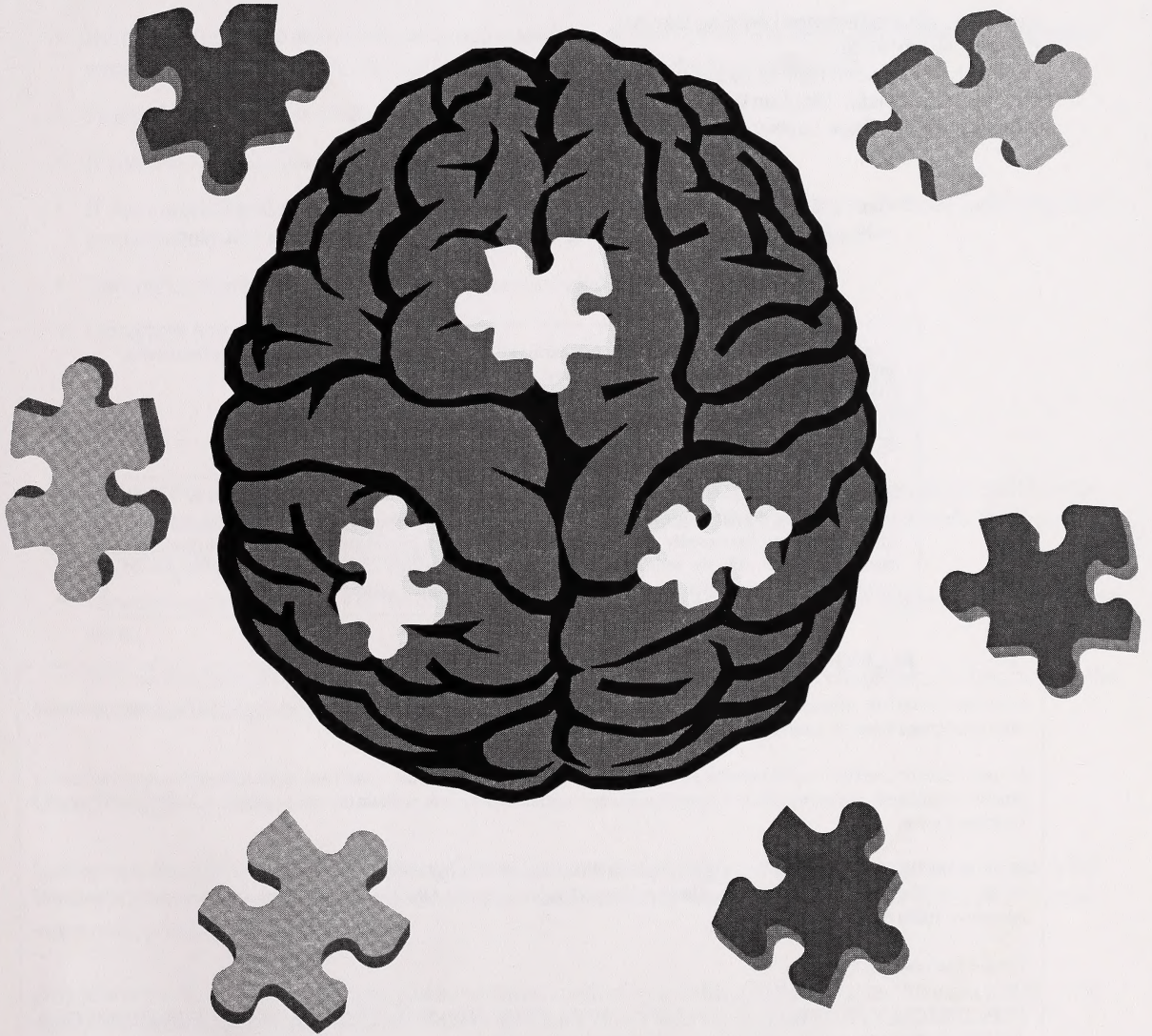
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2. All faxing costs are the responsibility of the sender.

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GENERAL *PSYCHOLOGY 20*



ASSIGNMENT BOOKLET 6

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The address is as follows:

<http://www.adlc.ca>

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General Psychology 20

Assignment Booklet 6

Advice:

Your mark for this module will be determined by your success on the assignments in this booklet. Your answers give your teacher indications of your understanding of the course.

- Before attempting to answer the assigned questions, please be sure you have read all the relevant course material and have completed the self-correcting activities in the module booklet.
- Proceed **slowly** and **carefully** through the assignments.
- If you encounter difficulties, review the pertinent section notes.
- If you are still having problems, please contact the course teacher at the Alberta Distance Learning Centre for assistance.
- The marks possible for each individual exercise is indicated.
- Good luck in your studies!

Warning:

- Failure to complete all questions and/or poor responses due to obvious lack of effort may result in your teacher returning the assignment booklet marked “incomplete”. No grading will be awarded until such exercises are completed to the teacher’s satisfaction.
- Discussing various aspects of the course with others is encouraged, but all work submitted should be your own.
- If there is a large discrepancy between the assignment score and the final exam score, the teacher has the discretion to assign a final mark based solely on the examination results.

Our Pledge to You:

Everyone at the Alberta Distance Learning Centre is committed to helping you achieve your educational goals. We happily assist students who are sincere in their desire to learn. We may be reached by phone, fax, e-mail, voice mail, postal mail, or in person.

Any journey consists of single steps; you have taken another by enrolling in this course. We want to help you successfully reach your destination.



Section 3: Studying Behaviour

Value
25

Assignment 1: Mental Illness

1. Why is mental disease regarded as disgraceful or shameful while a person with a physical disease receives pity?

2. What is the difference between being mentally ill and being mentally challenged?

3. There is no distinct dividing line between being normal and abnormal. Do you agree or disagree with this statement? Explain why.

4. Bound anxiety is more serious than free floating anxiety. Is this statement true? Explain your answer.

5. The term **repression** was frequently used throughout the lesson when talking about various types of neurosis. Why does a person use repression? (You may want to review your notes from the previous lesson on Defense Mechanisms.)

Assignment 2: Amnesia and Other Disorders

1. What are two important goals a therapist must keep in mind when treating amnesia?

2. Fugue is a very serious form of amnesia. Is this statement true? Explain your answer.

3. A young child sees something tragic happen to his parents and develops amnesia. He does not forget things like how to dress or feed himself. But he forgets the personal memories of his parents – who they were, the good times they had together, and what eventually happened to them. Why does the mind *forget* some information and retain other information with this type of amnesia?

4. Sometimes the person who develops conversion hysteria displays some very serious symptoms. *For example, due to extreme fear, a student's arm may become temporarily paralyzed before a big exam.* Why would a person with conversion hysteria not be alarmed by such a serious ailment?

5. Define these terms. Give a definition for each and then provide an example of each.

a. obsession:

b. compulsion:

6. What are some of the symptoms associated with Chronic Fatigue Syndrome?

7. Anorexia nervosa and bulimia are both eating disorders. How does a bulimic person differ from an anorexic person?

8. Neurosis stems from anxiety, fear, and stress. Give one or two tips that would be beneficial to any person in order to reduce the level of stress in their daily lives.

Assignment 3: Phobias and Neurotic Disorders

Match the following terms with their appropriate descriptions.

- | | |
|---------------------|-------------------|
| a. hypochondria | g. CFS |
| b. compulsion | h. obsession |
| c. anorexia nervosa | i. ochlophobia |
| d. aphonia | j. hysterical fit |
| e. brainwashing | k. pathophobia |
| f. anaesthesia | l. somnambulism |

- _____ 1. an irresistible force compelling a person to engage in a repetitious behaviour
- _____ 2. unnecessary worrying about one's health
- _____ 3. the inability to speak out loud in order to be heard
- _____ 4. an intense fear of germs
- _____ 5. a very serious disruption of eating habits
- _____ 6. apprehension about large masses of people
- _____ 7. loss of feeling or sensation of touch
- _____ 8. controlling, then altering an individual's personality and personal system of beliefs
- _____ 9. a condition characterized by excessive fatigue over a long period of time in addition to other debilitating symptoms
- _____ 10. sleep walking

11. In what ways can phobias be very disruptive to an individual's normal lifestyle?

12. Do you have any personal phobias that you would be willing to describe? Or, give an account of a phobia you have witnessed in someone else.

- With those words of caution in mind, look at the following three case studies. Choose any **two** of them, and offer some advice to the person involved based on the information you have learned in this Lesson on Neurosis.

Your friend, Marcia, went on a diet a few months ago. She had great success and decided she wanted to lose a lot of extra pounds. She looks very thin, but it's hard to judge because she wears very baggy clothes. She comes to the cafeteria at lunch time, but never eats because she says she finished her lunch in her spare.

[illegible]

Case Two

Your cousin, Bert, was always fun to be around. Lately he prefers to be alone. When he does join the gang he often stares into space and mumbles about being depressed.

Case Three

Little Jeremy was interested in joining the Rangers program after school. Then he learned that the group always goes on an overnight camping trip so he refused to join. For the last two years he has developed pyrophobia and he didn't want the other boys to think he was a sissy.

END OF ASSIGNMENT BOOKLET 6

